Pavenna-Ckstein Community Center



Ulnlock the possibilites this Winter

RAVENNA-ECKSTEIN COMMUNITY CENTER 6535 Ravenna Avenue NE Seattle, WA 98115 Ph. 684-7534
Visit us online at www.seattle.gov/parks





Center Information

Hours of operation

Mon, Wed Tue, Thurs, Fri

10:00am - 9:00pm

Saturday

1:00 - 9:00pm 10:00 - 5:00pm

Sunday

Closed

Holiday closures

January 2nd

December 26th Christmas Holiday Observed New Years Holiday Observed

January 16th

Martin Luther King Day

February 20th

Presidents Day

Program dates

January 1st - March 24th

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Program registration and procedure

All registration including mail-in, walk -in, phone and on-line begins December 12th, 2005.

Ravenna-Eckstein's registration procedure is for classes/activities only and does not specifically include KIDSTIME programs, camps, evening Teen Program, league sports, and the Senior Program.

Mail-in registration is accepted beginning 12/12/05. We will only accept registrations that are postmarked. On or after, these registrations will be processed as they are received by mail and opened. **Dance and Tiny Tot classes are the only pre-registered classes of current students, so there may or may not be slots available. Before mailing in your registration for these classes, please call the Center for space availability.

Registration will continue until class maximums are reached. There will not be phone or written confirmation. We will notify a registrant only if he or she does not get enrolled in a class and is placed on a wait list. Wait lists are only maintained for the present quarter. Refunds will be issued by mail for those who do not get into a class.

Professional staff

Ken Bounds, Superintendent Christopher Williams, Operations Director Maureen O'Neill, North Recreation Manager Tom Ostrom, North Senior Recreation Coordinator Pati Maxwell, Recreation Coordinator Jefri Peters, Assistant Recreation Coordinator Amanda Enright, Teen Development Leader Penny Atwood, Recreation Attendant Christopher Michio Imanaka, Building Monitor Alejandro Leza, Building Monitor Thao Huynh, Building Maintenance

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.



Holiday Extravaganza Friday December 9th 6:30pm – 8:45pm

FREE Giant Inflatables..... Bingo, Free PlaySpace....and so much more!!!!

Here it is... A night to remember and it's all free! From Dreidel to a visitor from the North Pole, this night will be full of jumping, climbing, bouncing, and playing and just having a jolly old time.

Parents Night Out

Friday December 16th ages 3-10 6:30pm -10:30pm \$20.00 per participant

Alright kids it is that time of year again... to give your parents a "night out" on the town. Come join us for an evening of movies, games, and crafts. Parents you can drop off your child beginning at 6:30pm and pick them up no later than 10:30pm. Bring your PJs and your favorite blanket. Toddlers must be potty trained, and an E13 participant information form must be on file. Min7/Max 25

Holiday Cookie Exchange

Saturday December 17th 11:00am – 1:00pm

A cookie exchange is no ordinary party! No one arrives or leaves a cookie exchange party empty handed. For this special occasion, you must bring an assortment of things:

- 1. 3-Dozen Home-Baked Cookies: Yes, you read that correctly! Everyone in attendance will bring 3-dozen cookies and there will be a swap so that everyone leaves with a large assortment of cookies to bring home to their family.
- 2. Recipe Cards: Make enough copies of your cookie recipe to give everyone in attendance a copy. Please bring at least 10 copies.
- 3. Containers: Bring containers to carry your collection of cookies home with you. We suggest airtight, freezable containers.
- 4. A Fancy Arrangement: Please bring a decorative basket or container to display a portion of your cookies on the cookie table.

Please RSVP! Let us know that you will be attending. A party is so much more fun when we know the total number of guests!

Special Events Seattle Audubon

Family Programs!

Washington Raptors!

What makes a bird a raptor? How do they catch their prey? Discover the world of raptors by studying real bird specimens, identifying local species, and learn why many raptors have become endangered through fun hands-on activities. Come soar into the wonderful world of raptors!

Free Program! All ages welcome!

Date: Thursday, February 16th 2006

Time: 7:00-8:30 pm

FREE! Bird Banding, Trail Maps, and Member Bird Walks! Come watch expert bird banding at local community parks, get a Washington State Birding Trail Map, and attend local bird walks in your neighborhood. Find out more information by visiting their website at www.seattleaudubon.org.



Ravenna-Eckstein Community Center celebrates you!!!!!

Neighborhood Appreciation Day Saturday February 12th

Special Events

Not -So Antique Ravenna Road Show

Saturday March 25th 10:00-4:00pm

Cost per table \$20.00

This is our idea of what a fabulous Flea Market should be. Bring your junk or treasures for others to rummage and buy.

Fabulous Family Fridays

\$2.00 admission

This quarter Ravenna-Eckstein is bringing back our: Fabulous Family Fridays. On selected Fridays during winter quarter we will be offering fun opportunities for the whole family to socialize and recreate. These Community Nights are a time of fun for all ages. All events will begin at 7:00pm.

Sock Hop

\$2.00 admission

January 20th, 7:00pm-8:30pm

Grab your poodle skirt, slick back your hair and join us for a 50's style Sock Hop. With a dance contest, prizes for those who come dressed in era attire, and fabulous 50's games, we will rock the night away.

Valentine Party

Date: February 10th 2006 Time: 7:00-8:30 pm

Where: Stage Room

RSVP: 684-7534

\$2.00 admission
Join us for a most wonderful valentine day celebration
for the entire family.

Big Ol' Bingo

ALL AGES! \$2.00 admission March 3rd, 7:00pm-8:30pm

Bringing back Bingo... We've heard you, and now it is back. Join us as we kick start and old favorite. One card per player. Fabulous prizes!

St. Patrick's Day: Teprechaun trap making

ALL AGES! \$2.00 admission March 17th, 7:00-8:30pm

Join us on St. Patrick's Day for our annual Pot of Gold Hunt, where you will search for all kinds of prizes. We will also make Traps to catch local Leprechauns. A Leprechaun is an Irish "elf". Leprechauns are small in size, and some say they look like a tiny, old man in a top hat and red beard. They are tricky fellows and like to play pranks on unsuspecting people so beware! Each Leprechaun also has a pot of gold! Some say they bury it in secret places, if you catch a Leprechaun he will lead you to his pot of gold and give it to you as a bribe to let him go. Good Luck, we will see you here!!!

"Sit In" Movie

WITH ENTERTAINMENT PACK ALL AGES! \$2.00 Snack Pack

January 27th 7:00pm Anastasia February 24th 7:00pm Bambi March 31st 7:00pm Aladdin

Bring your own "comfy" chair and set it up in our multi-stage to watch our feature presentation projected on a big screen. Moviegoers will be treated to an entertainment pack of candy, popcorn, and drink. Admission charged for projector rental/refreshment only.

Spectacular Spring Scamper

Saturday April 15th, 10:00AM Sharp!!!!

Join us for our annual rain or shine spring hunt. We'll have lots of candy, special prizes, and a ton of fun! Bring a basket or bag to carry your goodies home.

Tots and Toddlers

Indoor Playspace

January 9th – March 25th (11weeks)
(ages 4 & under)
6 visit punch card \$9.00
12 visit punch card \$18.00

Unlimited winter family pass \$30.00 Guest Pass \$2.00 per visit per child

Monday 10:15AM - 6:00 PM
Tuesday 3:30 - 6:30 PM
Thursday 3:30 - 6:30 PM
Friday 1:30 - 8:30 PM
Saturday 10:30AM - 4:00PM
No PlaySpace 1/16 and 2/20

Important!

The Unlimited Family Pass is for immediate family only and expires March 24th 2006
PARENTAL SUPERVISION REQUIRED!
Parents.... Please be responsible for cleaning up after your children.

PRE-BALLET (ages 4-5)
Wednesday, 3:45pm- 4:30 pm \$70.00
January 11th – March 22nd (11 weeks)

Children experience the joy of dancing while learning basic movement skills and vocabulary including sliding, jumping, turning, and balancing. Beginning ballet concepts are taught through short, fun dances and rhythmic games as well as creative assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Parents and friends are invited to join us for a performance on the last day of class.

Instructor: Chloe Davenport Min 7/Max 12

PRE - MODERN DANCE (ages 4-5) Friday, 3:30pm- 4:15pm \$70.00 January 13th – March 24th (11 weeks)

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

Instructor: Chloe Davenport Min 7/Max 12

Winter 2006 Jiny Jots
Pre-Registration for currently enrolled participants will begin in early

Pre-Registration for currently enrolled participants will begin in early December. If space is not available, a waiting list is maintained until space is available or the end of the quarter's program. The waiting list will not be maintained from quarter to quarter.

Winter 06 Tiny Tots

Session 1 (ages 2-3)

Tuesday, Wednesday and Thursday

10:30 am – 12:30 pm \$280.00

January 10th – March 23rd Min 10/ Max 12

Session 2 (ages 3-4)

Tuesday, Wednesday and Thursday

12:30-3:00pm \$350.00

January 10th – March 23rd Min 10/ Max 12

Includes games, individual and group play, storytelling, arts & crafts, music, singing, field trips, group motor skills, and socialization. PARENTS ARE REQUIRED TO ASSIST TEACHER WTH CLASS DUTIES AND ALSO BRING SNACKS SERVERAL TIMES.

Instructor: Carol Rasp

CREATIVE MOVEMENT (ages 3-4)

Wednesday

3:00pm-3:45pm \$70.00 January 11th – March 22nd (11 weeks)

Friday

1:45pm- 2:30pm \$70.00 January 13th – March 24th (11 weeks)

Through fantasy and games, children learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching, just to name a few. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Children should wear close fitting clothes with gym or ballet slippers or no-slip socks. Parents and friends are invited to join us for a performance on the last day of class.

TOT GYM CLUB (ages 2-5)

Wednesday 10:30am - 1:30pm

January 11th - March 22nd (11 weeks)

\$1.00

A gym just reserved just for little people! Balls, active play toys, and riding toys are available. Bring your own favorite car or trike or ride one of ours! Please no two wheel bike. Parental supervision required.

Tots and Toddlers

Kid's Time 2005-2006

Before and After School Programs AEII and Wedgwood Elementary

Join us for morning/ afternoon fun at our on -site programs held at AEII and Wedgwood Elementary. Please call sites for Winter space availability.

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Session Info:

Before School, 7:00am-9:00am

5 days a week \$150

4 days a week \$145

3 days a week \$110

2 days a week \$75

1 day a week \$40

After School, 3:00pm-6:00pm

5 days a week \$230

4 days a week \$220

3 days a week \$165

2 days a week \$110

1 day a week \$55

Kid's time Phone Numbers

AEII Director: David Sienkiewicz, 729-9538 Wedgwood Director: Jessica Cooke, 729-1726 Wedgwood Acting Director: Humberto Mendoza

"We would like to thank Wedgwood Kid's Time families, Wedgwood Elementary and Model Remodel for helping us to move into our new space at Wedgwood."



Holiday Camp at Wedgwood Kid's Time

Session 1

Monday – Friday (grades k-5) 7:30am-6:00pm \$135.00 December 19th -23rd (5 days)

Session 2

Tuesday - Friday (grades k-5) 7:30am-6:00pm \$108.00 December 27th - 30th (4 days)

No Camp 12/26

Mid Winter Camp Kid's Time

Locations AEII and Wedgwood

 $\begin{array}{lll} \mbox{Monday - Thursday} & \mbox{(grades k-5)} \\ 7:30\mbox{am-6:00pm} & \mbox{108.00} \\ \mbox{February 21st -24th} & \mbox{(4 days)} \\ \mbox{No camp } 2/20 & \mbox{} \end{array}$

School's out, Join us for a fun filled week of activities at Kid's Time. The week will include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

Priority registration given to KIDSTIME families; open registration begins February 14th. Spaces are limited.

RAVENNA-ECKSTEIN COMMUNITY CENTER SUMMER
CAMPS REGISTRATION
BEGINS TUESDAY APRIL 4TH 2006.

Fitness and Sports

LOBBY GAMES

25 cents per game equipment checkout plus collateral (ID or piece of clothing). The availability of certain games is dependent on the Center's activities. The Center staff reserves the right to restrict use of equipment. If anyone is waiting to play, a time limit on each game is required.

Arts and Culture

Ravenna Youth Theater (Ages 8-15)

\$150.00

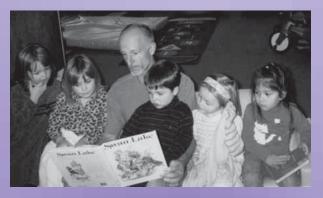
Monday 4:30pm-6:30pm Saturday 10:30am -12:30pm January 21st – April 1st, No class: 2/20

Join Blanka as we get creative with our winter production of "The Secret Garden". Students will assist in set design, simple costumes, rehearsal, and of course the production of the play. Cost does not include costumes, but they will be simple and homemade. Casting for parts is on the first day of class. Evening performance March 31st and Matinee on April 1st.

Instructor: Blanka Jindrich Min 10 / Max 12

WANTED:

VOLUNTEER COACHES: Softball and Track Call 684-7534 or see staff



Team Sports

GIRLS SOFTBALL

Fee \$30.00

(ages 10-17)

The citywide youth softball program provides players the opportunity to develop basic skills, team play, and good sportsmanship.

Players sign up at their local community center, where teams are formed and practices occur. The leagues are for girls ages 10-17. There are three divisions set up to accommodate the players. The games runs from April 23rd through June 19.

TRACK AND FIELD Fee \$30.00

(ages 5-17)

The citywide track and field program is for ages 5-17 years. Individuals sign up at their local community centers and compete with that center as a team. Meets are one a week starting April 26 and conclude with the championship meets in late May.

Youth learn basic technical skills as well as team work and good sportsmanship. Practices are held once a week at the local community centers.

Sign-ups for Spring Sports will begin on Monday February 13th, 2006. Please register early since there is limited space. Practice will begin in April with games and meets beginning in late April. Practice days and times may not be known at the time of registration. If you have any questions concerning the youth sports program feel free to call Ravenna-Eckstein CC at 684-7534.

(Must turn Legal age by August 31st 2005)

YOUTH TEAM SPORTS REGISTRATION INFORMATION

Forms available at the center. To register, all of the following steps must be completed and turned in at the same time. Incomplete packets will not be accepted.

- 1) Bring Xeroxed copy of birth certificate. If you think you have one on file, please call office in advance of registration so that staff can verify and check it off their records. DO NOT wait until the day of registration or your wait in line may be longer. (This step needs to be done even if you were in the program last year or in any other sports program recently).
- 2) Complete permission/medical form.
- 3) Complete general sports registration form.
- 4) Pay (checks made out to city of seattle)
- 5) Complete contract.

Fitness and Sports

Dance

YOUTH HIP HOP (ages 7-12)

Tuesday

5:15pm-6:15pm \$70.00 January 10th – March 21st (11 weeks)

This exciting class combines basic Hip Hop and Jazz techniques in a fun environment. Dance like a music video or Broadway star! Wear fitted comfortable clothes.

Instructor: Mary Diederichs Min6/Max 12

MODERN DANCE (ages 5-7)

Friday

4:15pm- 5:15pm 80.00 January 13th – March 24th (11 weeks)

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

Instructor: Chloe Davenport Min 7/Max 12

Music

PIANO LESSONS (ages 6-adult)

Wednesday 3:30pm-4:00pm \$182.00

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-6:00pm

6:00pm-6:30pm

6:30pm-7:00pm

January 11th - March 22nd (11 weeks)

BALLET 1 (ages 5-7)

Wednesday

4:30pm- 5:30pm \$90.00 January 11th – March 22nd (11 weeks)

Basic ballet vocabulary is taught and combined into fun, energetic, and expressive dances. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible Parents and friends are invited to join us for a performance on the last day of class

Instructor: Chloe Davenport Min 6/Max 12

BALLET 2 (ages 6-10)

Wednesday

5:30pm- 6:30pm \$90.00 January 11th – March 22nd (11 weeks)

This class is for kids who have finished a year of Ballet 1 and/or instructor permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible Parents and friends are invited to join us for a performance on the last day of class

Instructor: Chloe Davenport Min 6/Max 12

BALLET 3 (ages 7-10)

Friday

5:15pm - 6:15pm \$80.00 January 13th – March 24th (11 weeks)

*****ALL STUDENTS ENROLLING IN THIS CLASS MUST ALSO ENROLL IN BALLET 2. This is a class for kids who have had a year of ballet 2 or teacher permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/ compositional assignments.

Instructor: Chloe Davenport Min 7/Max 12

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 18 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim Min 4/Max 6



WINTER 06 TEEN PROGRAMS FOR MIDDLE AND HIGH SCHOOL YOUTH

Through the passage of the Pro Parks Levy, the city of Seattle has allocated funds to finance Teen Development Leader at Ravenna-Eckstein Community Center to provide various activities and programs for Teen grades 6th-12th during the many times-Afternoon, evenings, weekends, and summers -when they are not in school. These funds will help teens enjoy recreational, cultural, athletic, and educational opportunities in a safe, fun and welcoming environment.

All programs are supervised by the Teen Development Leader, instructor, or volunteer.

All times and dates of activities are subject to change.

CHECK OUR MONTHLY TEEN CALENDAR FOR MORE ACTIVITIES!

Volunteer!

Your Service Learning Headquarters

A variety of service learning opportunities are available for teens. Many of the opportunities that we provide are service based and require an understanding of customer service. Some include mentoring, trips to local elementary after-school programs, environmental and community projects. Volunteer hours count toward completion of school required hours. If you are interested in the many Service Learning / Community Service opportunities available please call Amanda Enright at 684-7534 or Ron Mirabueno, Service Learning Coordinator at 233-3979.

2006 TEEN SCENE DROP-IN PROGRAM

Monday – Friday 2:30 - 9:00 PM

Come and hang out in our teen center where you can play foosball, air-hockey, Station 2, board games, watch movies and TV. Participate in our monthly activities such as a variety of cooking, art, and dance classes, sports and fitness opportunities, special events and service learning opportunities. Daily snack is provided.

POWER HOUR

Monday - Friday 3:00 - 4:00 PM

Teens have an opportunity to complete home work daily during Power Hour. Volunteers and staff are on hand to help, and tutors are available by request.

TEEN COUNCIL MEETINGS

2nd & 4th Thursday Every Month

Beginning January 12 4:00 - 5:30 PM

Be a part of the Rav-Eck Teen Council Advisory. Have an active role in directing the focus of the teen programs including planning activities, special events, fund-raising projects, field trips and overnight trips. Snacks provided.





BON APETITE

Mondays 4:00 - 6:00 PM

One-Time Fee: \$10 January 23 – March 20

Add a little spice to your week as we explore and create savory regional dishes. Come join us in the kitchen to improve your cooking skills! And of course, sampling will be allowed. Need to obtain food handlers permit by February 13th.

CROSS FIT for Teens

Tuesdays 5:30 – 6:30 PM

Fee: \$14 One-time Annual Membership

February & March Dates: TBA

Instructor: TBA

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide, but this special program is being tailored to fit the needs of teens. This is an overall strength & conditioning course.

FASHION CLUB

15 – Week Course Ages: 12-17 Wednesdays 4:00 – 6:00 PM

Fee: \$35

Begins January 18th - April 26th

Location: Magnuson Community Center, will provide

transportation to and from.

Instructor: TBA

Interested in learning how to design & create your own outfits? This course offers a solid foundation in the fundamentals of pattern drafting, draping, and construction techniques, stressing the importance of proper fit and craftsmanship. Students learn how to develop a set of slopers, combining both draping and pattern drafting methods. Materials will be provided for each individual to design and create their own outfit to model in our Fashion Show & Dinner taking place on May 13th. We will also be going on a couple field trips to get familiar with the world of fashion design!

CREATIVE ARTS

Fridays 4:00 - 5:30 PM

Fee: \$10 one time January 13 – March 24

Come and learn a variety of different types of art such as, animation, sculpture, video art, painting, and drawing. You decide what type of art you want to learn!

Instructor: TBA

HIP HOP PROGRESSIONS

4 – Sessions

Thursdays, 4:00 – 6:00 PM

January 19th, 26th, February 2nd & 9th

FREE

Have you ever wanted to learn more about the history of Hip Hop, try out FreeStyl'n, Beat Boxing, or maybe even some Spoken Word? Here is your opportunity to learn more about Hip Hop.

FIELD TRIP to Highland Ice Arena

Thursday January 12th

3:00 - 5:45 PM

Fee: \$6

Will provide transportation to and from Shoreline Highland Ice Arena.

MLK March

Saturday January 14th

Time: 11:00am - 2:00pm

Location: TBA

We will be joining together in a city-wide anti-violent march in celebration of MLK Day!

Midnight Bowling

Friday February 10th

Fee: \$2

Rock'n rollin' bowlin' at Leilani Lanes. There will be a "Light Show" and enjoy some rockin music with their professional DJ.

FOOD HANDLERS TEST

Wednesdays in January, February, & March 4:00 PM Fee: \$10

Learn how to handle and prepare food. Pick one of these dates to take the class and once you pass the class you will receive a food handlers permit good for one year. Please call at least one week prior to class you would like to attend.

SPEAK

Every Other Thursday Beginning January 12th 3:00 - 4:00 PM

Girls Club to talk about real life issues teens are facing today. Teens direct the focus of the group discussion. Possible special speakers and field trips.

COLLEGE ESSAY WORKSHOP

Thursday January 26th & February 16th 6:00 - 8:00 PM

FREE

Applying for college admission? Want to give yourself a leg up on the competition? Then make sure your application is accompanied by an exceptional personal essay. While grades and test scores are important, the personal essay is a key factor in determining who gets in, and who doesn't. There's no set formula for writing a great essay because the best essays are as unique as the individuals who write them. The essay that will impress the reviewer must be original, focused, and structured. Style counts. Word choice matters. And every comma has to be in the right place.

We will be having special speakers from DeVry University and other local colleges hand out materials and offer advice.

RESUME BUILDING WORKSHOP

Thursday March 16th 6:00 - 8:00 PM FREE

Learn the basics of effective resumes and how to communicate skills to an employer in cover letters and resumes. Learn how to power up a resume and make it more professional using cutting edge information.

Ongoing Programs

PYLI

(Points of Light Youth Leadership Institute)

Every 1st & 3rd Tuesday Beginning January 17th 3:15 - 5:15 PM

PYLI is a state-of-the-art training program designed to teach leadership and community service skills to middle and high school students. There are three major program elements to PYLI. They include teaching the curriculum, planning and implementing the community service project and conducting a graduation ceremony.



Special Events

DINNER IS SERVED T.AC. FUNDRAISER Friday February 17th 6:00 - 8:00 PM

Fee: \$10 plate

Come and support your local teen center by enjoying excellent cuisine prepared by Rav-Eck teens. All proceeds go toward teen programs. Please RSVP to make reservations by FEBRUARY 8th.

"OUTDOOR ADVENTURE WEEK" MID WINTER BREAK

FEBRUARY 20-24

Exact Days & Times: TBD

Fees: TBD

Enjoy the week or just a day at a time! We'll be going kayaking, snowshoeing, tubing, skiing/snowboarding and end the week with an overnight camping trip!

Need to pre-register by January 20th.



Late Night Recreation Program (ages 13-19)

Friday and Saturdays - 7-11pm - Free! Meadowbrook Teen Life Center 10750 30th Ave NE - 684-7523

Friday Night - Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim (Middle/High School)

4th Friday - Pizza & a Movie

Saturday Night - High School Only

1st Saturday - Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday - Pool Saturday

4th Saturday - Special Event/ Field Trip

Bitter Lake Community Center Annex

13040 Greenwood Avenue N. - 684-7524 or 386-9870

1st Friday - Teen Skate

2nd Friday - 3 on 3 Tourney

3rd Friday - BBQ & a Movie

4th Friday - Teen Swim at Madison Pool (8:30-9:30pm)

For more information on anything listed in the Teen Section or to register for a programs please contact Amanda Enright, Teen Development Leader, (206) 684-7534.

Check out the monthly teen calendar to find out what else is happening this Winter, like field trips, daily drop-in activities, and programs.

NEED ADULT VOLUNTEERS!

Ravenna-Eckstein's Teen Program is looking for caring adults who want to share their talents and knowledge with the local teens. Whether it be resume writing, sports, interview skills, business skills, arts, music, cooking, attending field trips, or anything else, we need your involvement, skills, and enthusiasm!

For more information please call Amanda Enright at 206-684-7534.

Fitness and Sports

Fit Ball (adults)

Monday

6:30pm-7:30pm \$56.00 January 23rd- March 20th (8 weeks)

No class 2/20/06

This class will enable you to develop overall body strength, tone, balance, posture awareness and coordination. It is exceptionally safe for those individuals with back related concerns. If you are looking for a class that emphasizes overall strength and conditioning.... So that you can get ready for the winter ski, snowboard, and basketball season then this class is for you. The instructor is a certified fitness trainer

Instructor Blanka Jindrich Min5/ Max 20

Middle Eastern Dance (Belly Dance) (adults)

Tuesday

7:30pm- 8:30pm \$78.00 January 10th – March 21st (10 weeks)

No class 2/21/06

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your self-image, tone & strengthen muscles & improve flexibility & balance.

At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class sessions. Wear comfortable dance/exercise clothing. Dance shoes, socks or bare feet recommended.

Instruutor: Safina Lee

Beginning Latin Dance (Adults)

Tuesday

6:30pm-7:30pm \$70.00 January 10th – March 21st (11 weeks)

Ever felt uncomfortable dancing at weddings, office parties or out socializing? Then let us help. In this 8 week class we will explore a variety of social Latin dances. From the Cha Cha to Flamenco we'll do them all. Wear comfortable clothes. We will perform on the last day of class, or have an open dance as students prefer.

Instructor: Mary Diederichs Min6/Max 12

Adult Programs

PRE-NATAL YOGA (adults)

Monday

7:15pm-8:30pm \$68.00 January 23rd – March 20th (8 weeks)

No class 2/20/06

A prenatal program for woman during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga excises, breathing, visualization and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, and prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive out look. Bring a Blanket and two pillows to class. Medical authorization required.

Instructor: Margaret McAndrews Min 7/Max 14

Fit at Any Size:

Finding Your Inner Athlete

Wednesday

10:00am- 11:30am \$95.00 January 11th- March 8th (9 weeks) No Class 2/22/06

Size and Fitness are NOT the same thing! It's a myth that only thin people can live longer, healthier lives. Anyone can benifit. Join this class and Discover the difference between exercise and training. Learn how to measure fitness. Supportive Instructors create a Positive environment to Begin the training process toward fitness. How many running starts have you taken at fitness? Ever wonder, "How do I begin when it's been so long?" and "How do I evaluate my progress regardless of clothes size?" This class mixes education with physical training to provide a strong foundation on which to Build a new fit lifestyle. We will use the textbook "Fit and Fat" by Sally Edwards, which is included in the price of this class. Heart rate monitors will be used in this class, participants can bring their own or arrange to use one through the instructors. The Instructors, Marla Fields and Cris Kessler use Heart Zones Fitness Training; Cris is a Certified Heart Zone Personal Trainer, and Workout Leader for Team Danskin Min 10/ Max 25

Adult Programs

Music

THE RAVENNA SECOND STRINGS ORCHESTRA

(all ages/children and adults)

Monday

7:30pm-8:30pm

January 23rd - March 20th

Concert (Site and date TBA)

This orchestra is for intermediate violin, viola, cello and bass players, and provides a rewarding way to begin or improve your ensemble playing. Enjoy the supportive atmosphere. There are no auditions We have fun while preparing for the short concerts at the end of the quarter. Please bring a stand. For more information check our website at www.ravennastrings.com Conductor: Judy Drake

Co-director: Lorraine Hughes Min 17/Max 25

THE RAVENNA STRINGS ORCHESTRA

(all ages/children and adults)

Wednesday

7:15pm-8:15pm

\$58.00

January 18th – March 22nd

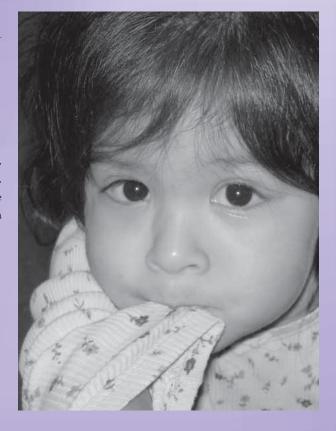
Concert (Site and date TBA)

This orchestra is for advanced violin, viola, cello and bass players. There are no auditions. Expect to have fun and play some very exciting music. Although the rehearsals are informal and without pressure, members of the orchestra are serious about preparing for the short concerts which conclude each quarter. Please bring a stand. For more information check our website at www.ravennastrings.com.

Conductor: Judy Drake

Co-director: Lorraine Hughes Min 17/Max 30





PIANO LESSONS

(ages 6-adult)

\$182.00

Wednesday 3:30pm-4:00pm

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-6:00pm

6:00pm-6:30pm

6:30pm-7:00pm

January 11th - March 22nd (11 weeks)

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 18 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim

Min 4/Max 6

Adult Programs

Aarts & Culture

SPECIAL INTEREST

Basic Self -Defense Series (Adults)

Saturday

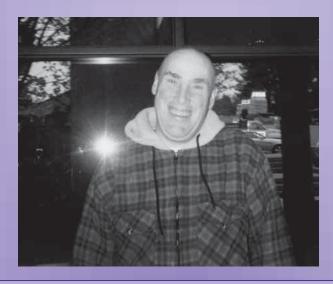
1:00pm-4:00pm \$60.00

March 4th and March 11th (2 day workshop)

In partnership with Home Alive this 2-part workshop will cover safety planning, awareness, boundaries, basic upper-body and lower-body strikes, and getting out of common grabs, including chokes and other advanced holds. This class explores self-defense with both strangers and with people in our lives.

Home Alive is a Seattle based anti-violence nonprofit organization that offers affordable self-defense classes and provides public education and awareness. We believe violence prevention is a community responsibility as well as an individual issue. Our work in self-defense encourages everyone to recognize their entitlement to the basic human right to live free from violence and hate. Our goal is to build a cultural and social movement that puts violence in a context of political, economic and social oppression, and frames safety as a human right

> (Taken from the Home Alive Web Site www.homealive.org.)



Introduction to Reiki Workshop

Wednesday

\$25.00 7:00pm-9:00pm

January 25th

Find out the fascinating history and theory behind the simple method of Reiki, an ancient Japanese system of self-healing based on the age old concept of Ki (energy). Practicing giving and receive a self-treatment in

Instructor: Eileen Wurst, M.A., R.C., Min5/Max 25

Wellness through Mindful Living (Adults)

Tuesday

\$120.00 7:00pm-9:00pm

January 12th - March 2nd

And a Saturday DATE TBA 10:00-4:00pm

This class is an experiential exploration of mindfulness. Mindfulness is a way of learning how to relate with awareness to whatever is happening in your life, moment to moment, breath by breath. It allows us to connect with our bodies, minds, hearts and spirits. It is a practice of having a non-judgmental and non-reactive relationship to all of life. In the class we will learn a variety of practices including meditation, voga, and body awareness, which are designed to help deepen our understanding and application of mindfulness. This class is based on the Mindfulness Based Stress Reduction Program (MBSR) designed by John Kabat-Zinn, Ph.D at the University of Massachusetts Medical School over 25 years ago. A more in depth description of this program can be found in John's book Full Catastrophe Living (Dell Publishing, 1990) or at the website of the Center for Mindfulness in Medicine, Healthcare and Society at www. umassmed/cfm.

Years of research indicate that a majority of people who complete this course report:

- · Decrease in physical and psychological stress
- an increased ability to relax
- reduction in pain intensity and ability to live easier with chronicity
- · a more balanced sense of health and well-being
- improved ability to cope with both short and long-term stressors
- · greater daily peace of mind

People participate in this class for such reasons as...

- Stress: Family, job, etc.
- Chronic pain and illness
- Anxiety and panic disorder
- Migraines and other health problems
- Sleep disturbances
- · A general feeling of dissatisfaction with life

Instructor: Carol Paluchowski and Mark Goodman



Senior Programs

Pickleball (Senior)

Mondays

11:30 a.m. - 1 p.m. \$2 drop-in (Age 65+\$1)

January 9th - March 20th (11 Weeks)

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends - no later. Please pre-register by calling (206) 386-9106.

Instructor: Drop in

Senior Aerobics (Senior)

Mondays

10:15 a.m. – 11:15 a.m. \$20

January 9th - March 13th (11 Weeks)

Feel better with upbeat fitness! Certified instructors. No class

Jan 17, Feb 21.

Instructor: Jane Shearer

Pilates (Senior)

Tuesdays

11:30 a.m. – 12:30 p.m. \$25

January 10th - March 21st (11 Weeks)

Want to strengthen your stomach, lower back; improve balance and release stress? This fitness class is for you! Instructor:

Yvonne Lasso

Line Dance (Senior)

Wednesdays

8:45 a.m. – 9:45 a.m. \$20

January 4th – March 15th (11 Weeks)

Get out on that dance floor and move to the music! Great for

the body & soul! No experience or partner needed.

Instructor: Jayla McGill

Watercolor (Senior)

Thursdays

12:00 p.m. – 2:00 p.m. \$60

January 12th - March 23rd (11 Weeks)

Calling all artists - past, present & future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies.

Instructor: Eunice Smith

Class Registrations begin on Monday, December 19th. Mail checks payable to SAAC: Senior Programs, Attn Jayla, 8061 Densmore Ave N, Seattle, 98103.

Senior Programs

Senior Adult Field Trips

Alluring La Connor

Monday, January 9th \$8

8:45 a.m. – 5 p.m.

Let's spend the day leisurely exploring the delights of this picturesque town. Lunch on your own at one of the charming eateries. Register: Call 206-386-9106, starting at 8:00 a.m. on December 30th.

Silent Movie Sunday at the Paramount

Sunday, January 22nd \$3.50

12:15 p.m. – 6:00 p.m.

The Cheat, a 1915 DeMille melodrama, explores early 20 Century aristocracy. The film is accompanied by Dennis James on the mighty Wurlitzer organ. Prior to the film he provides commentary and factoids on this classic treasure. Time downtown for late lunch or dessert before 3 p.m. showtime. Send \$9 check (payable to the Paramount) along with trip payment. Register: Call 206-386-9106, starting at 8:00 a.m. on January 6th.

Nunsense II — The Second Coming

Sunday, February 5th \$4.50

11:45 a.m. – 6 p.m.

Civic Light Opera's presentation of this hilarious sequel to the international hit musical. The same five nuns are back onstage at Mt. St. Helen's School, where they are forced to work around the set dressing of The Mikado which is being presented the following week! \$15 admission day of trip; Need Entertainment coupons if you have them. Time for lunch or dessert (on your own) at University Village before 2 p.m. showtime. Register: Call 206-386-9106, starting at 8:00 a.m. on January 13th.

Valentine's Day/The Stratford at Maple Leaf

Tuesday, February 14th \$3.50

11:00 a.m. – 2 p.m.

A special holiday lunch with entertainment and socializing. Tours available upon request at this premiere retirement living location. Register: Call 206-386-9106, starting at 8:00 a.m. on January 27th.

Trip payments due at least a week before trip date. Mail checks payable to SAAC: Senior Programs, Attn Jayla, 8061 Densmore Ave N, Seattle, 98103.

Midweek at the Museums

Wednesday, February 22nd \$8

8:45 a.m. – 4 p.m.

The Washington State History Museum, The Museum of Glass and the Tacoma Art Museum, team up for an opportunity to visit all three musums for one low price of \$16 (on your own). Hop on the light rail to experience rapid transit; lunch on your own downtown. Register: Call 206-386-9106, starting at 8:00 a.m. on February 3rd.

Connoisseur's Luncheon

Thursday, March 2nd \$4.50

10.45 a.m. - 2 p.m.

Sumptuous multi-course fine dining with one wine at South Seattle Community College's Alhadeff Grill. Time after to visit the campus bakery and, weather permitting, take a serene stroll through the Chinese Gardens. Send \$21.95 check payable to SSCC Culinary Arts with your trip registration. Gratuities not included. Register: Call 206-386-9106, starting at 8:00 a.m. on February 10th.

Angel of the Winds

Monday, March 6th \$8

8:45 a.m. – 3 p.m.

"World's Friendliest Casino!" It's up to Arlington for penny slots, \$2 blackjack, 99¢ food specials, coupons, and discount lunch (on your own). Register: Call 206-386-9106, starting at 8:00 a.m. on February 17th.

Rosangela Recommends

Wed, Mar 15th \$6.50

10 a.m. – 3 p.m.

Our culinary arts instructor will show us her favorite new Brazillian Stores in Kirkland: Loja Brasileira, featuring food, clothing and jewelry made by a local artisan, and Kitanda, where we'll lunch (on your own). Van departs Meadowbrook CC/10517 – 35th Ave NE at 10 a.m. Register: Call 206-386-9106, starting at 8:00 a.m. on February 24th.



General Information

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information on line.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: http://www.cityofseattle.net/parks/SpecialPops/index.htm.

Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm or talk to one of our staff.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, internet, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks

and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service/deposit charge.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class). will receive no refund.

Please read the entire policy, #7.16, for specific information.

Scholarships

Ravenna Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 684-7534.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.

Registration Procedures:

- 1. Please complete registration form entirely.
- 2. Payment MUST accompany registration.

(ADULT) Name:	for the adult who is fi	·	·		•		ale Femal	е
Last	First			MI			rcle One)	J
(ADULT) Birthdate:/	Email Addres	s:						
Street Address:				Sta	te:	ZIP: _		
Phone - eve: ()	day: ()			other:	()_			
Family Emergency Contact: Name			()		Relation		
PARTICIPANT info differs from above.	How does it differ?							
PARTICIPANT M/F BIRTHDATE	COURSE TITLE		1 ST CH	IOICE	ALTERNA	ATE	AMOUNT	Staff
(please print full name) (mm/dd/yyyy)	(Non-Day Camp Activities (ONLY)	DATE(S)	START TIME	DATE(S)	START TIME	¢.	Onl:
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*Acceptance of this request does not guarantee enrollm	 nent into a class (see back fo	r more infor	mation).			TOTAL	\$	+
How would you like to pay?								
Person making payment (required for proper refunding)				PLEASE INCLUDE PAYMENT				
Cash (Please do not send cash through th						PAYI	WENI	
Check or Money Order#	_	Staff Use	Only		7			
Make checks payable to "City of Seattle"			Authorization (Ref) #:			Mail To:		
Visa Mastercard American Express E Card #: E			Expires:			Ravenna-Eckstein Community Center		
For					6	535 Ravei	nna Ave N	1E
mail-in only Name as it appears on card:					_	eattle, WA	A 98115	
Signature:					_			
ASSUMPTION OF RISK AND RELEASE: I he	ereby give my consen	t as a pa	rticipant or	for the abov	/e-named	participan	t(s) to parti	icipa¹
in the program(s) listed above being conductive of Seattle, Seattle Parks and Recreat associated with the program, responsible for	ation, Seattle Parks	and Rec	reation's	employees,	Advisory	Council, d	or any vol	unte
Signed:				Date:				
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1								



Important Numbers

SWIMMING POOLS

HELENE MADISON

MEADOWBROOK

MEDGAR EVERS

RAINIER BEACH

OUEEN ANNE

BALLARD

EVANS

.	
COMMUNITY CENTERS	
ALKI	684-7430
BALLARD	684-4093
BITTER LAKE	684-7524
DELRIDGE	684-7423
GARFIELD	684-4788
GREEN LAKE	684-0780
HIAWATHA	684-7441
HIGH POINT	684-7422
INTERNATIONAL/	
CHINA TOWN	233-0042
JEFFERSON	684-7481
LANGSTON HUGHES	684-4757
LAURELHURST	684-7529
LAURELHURST GYM	684-7531
LOYAL HEIGHTS	684-4052
MAGNOLIA	386-4235
MAGNUSON	684-7026
MEADOWBROOK	684-7522
MILLER	684-4753
MONTLAKE	684-4736
QUEEN ANNE	386-4240
RAINIER	386-1919
RAINIER BEACH	386-1925
RAVENNA-ECKSTEIN	684-7534
SOUTH PARK	684-7451
SOUTHWEST	684-7438
VAN ASSELT	386-1921
YESLER	386-1245

Hours of operation

Mon, Wed 10:00am - 9:00pm Tue, Thurs, Fri 1:00 - 9:00pm Saturday 10:00 - 5:00pm Sunday Closed



684-4094

684-4961

684-4979

684-4989

684-4766

386-4282

386-1944



Seattle Parks and Recreation

Ravenna-Eckstein Community Center 6535 Ravenna Avenue NE SEATTLE PARKS Seattle, WA. 98 AND RECREATION (206) 684-7534 Seattle, WA, 98115 K1667

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